

## PHYSICAL THERAPY PROTOCOLS

### TYPE TWO - ROTATOR CUFF REPAIR

Medium to Large Tear (Greater than 1 cm and Less than 5 cm)

#### I. PHASE I – IMMEDIATE POST-OPERATIVE PHASE (WEEKS 0-6)

##### DAYS 0-14

Patient is seen 2 days post-operative to remove surgical dressings and pain catheter. Showering is allowed once dressings and catheter are removed. The patient is seen 2-3x/week for supervised rehab. MD visits at 2 weeks and 6 weeks.

##### REHABILITATION GOALS

- Gradual return to full ROM
- Increase shoulder strength
- Decrease pain

*Brace Use:* During the first 2 weeks, the patient wears sling/bolster 24 hrs/day except when in PT, showering or performing exercises at home.

##### MODALITIES

- Cryotherapy, interferential stimulation for pain control

##### EXERCISES

1. Passive ROM exercises (NO PULLEYS)
  - Flexion and abduction (within patient's tolerance)
  - IR & ER in scapular plane (within patient's tolerance)
2. Hand grip with putty or tennis ball
3. AROM: Elbow flexion-extension, forearm pronation-supination
4. AROM: Cervical spine
5. Continuous Passive Motion Machine (CPM) if ordered by MD

##### WEEKS 3-4

*Brace Use:* Brace is typically discontinued at 2 weeks by MD

##### MODALITIES

- Ice, electric stimulation for pain control

## EXERCISES

1. Continue PROM exercises
  - Flexion, abduction, ER, IR, all within patient's tolerance
  - Self stretches at home, IR & ER with cane
2. Initiate proprioception training
3. Submaximal, non-painful isometric shoulder exercises in all planes
4. PRE's for elbow and wrist
5. Cardio: Stationary cycling

## WEEKS 5-6: EXERCISES

1. Continue ROM – passive stretching and self stretches
2. May initiate AAROM with cane (no pulleys), flexion, and abduction
3. May initiate light strengthening program: SL ER, manual resistance IR & ER, biceps, triceps
4. Tubing IR & ER with arm at side
5. Initiate gentle scapular strengthening exercises

## II. PHASE II – INTERMEDIATE PHASE: MODERATE PROTECTION PHASE (WEEKS 7-12)

The patient is seen usually 2 days/week for supervised rehab and performs home program 3x/week. MD visit at 12 weeks.

### GOALS

- Restore full range of shoulder motion
- Improve shoulder dynamic stability
- Improve shoulder proprioception

## WEEKS 7-8: EXERCISES

1. Continue with stretching to achieve full ROM by Week 8
2. Initiate active shoulder flexion, scaption, and abduction without resistance
3. Initiate PNF movements
4. Cardio: Stationary cycling, elliptical trainer, deep water running with vest

## WEEKS 9-12: EXERCISES

1. May initiate more aggressive strengthening: Resistive flexion, abduction, scaption
2. Progress strengthening exercises
3. Increase abduction angles with tubing IR & ER
4. Continue all stretching exercise
5. Cardio: May begin running at 10-12 weeks

*\*\*Progress ROM to functional demands of sport or work\*\**

## III. PHASE III – MINIMAL PROTECTION PHASE (WEEKS 13-20)

Patient is seen by MD at 4, 5 and 6 months.

### GOALS

- Establish and maintain full ROM
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

#### WEEKS 13-20: EXERCISES

1. Stretching to maintain ROM for overhead activity
2. Continue all isotonic exercises, weights and tubing
3. Chest press (protected ROM), shoulder press, lat pulldowns in front only, rows
4. Two armed plyometrics, progress to one armed plyos
5. Initiate interval sport/work program (throwing, work simulation)

#### IV. PHASE IV – RETURN TO ACTIVITY PHASE (MONTHS 4-6)

##### GOALS

- Enhance muscular strength, power and endurance
- Progress functional activities
- Maintain shoulder mobility
- Gradual return to sport or work activities

##### 4-6 MONTHS: EXERCISES

1. Continue all flexibility and strengthening exercises
2. Progress interval sport or work conditioning programs
3. Gradually progress to sport or work activities to unrestrictive participation